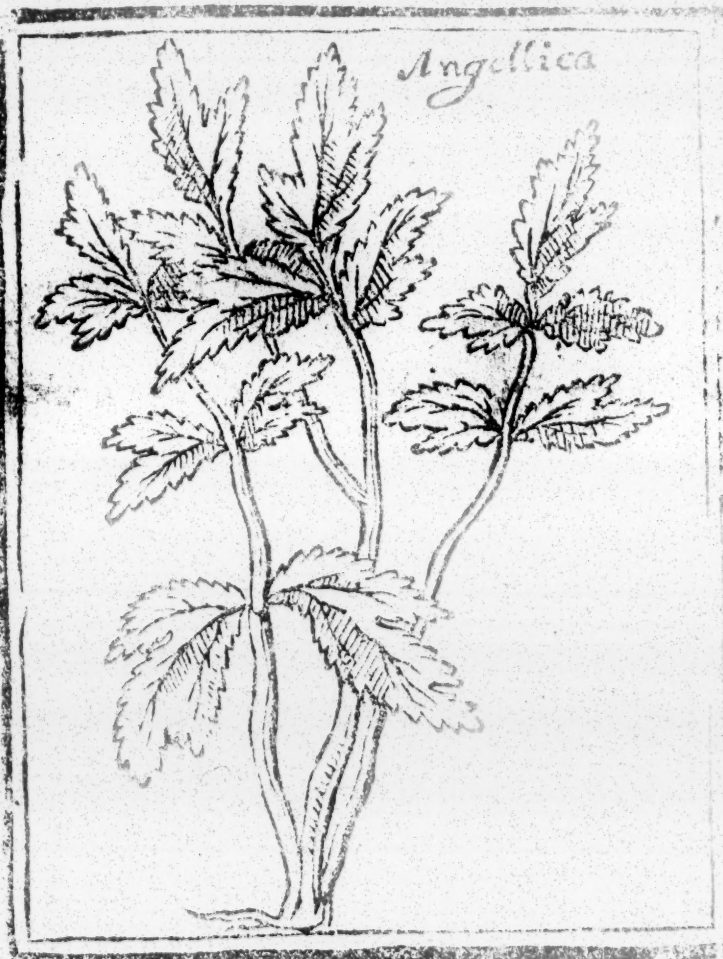
THE

Stone-House of Nature

Expos'd to View:

OR,

The Description and Physical Vertues of such HERBS and PLANTS as are commonly found in this NATION.



Opperating and working strange and wonderful (though safe) *Cures* on the Bodies of Men, and Women, and Children; insomuch that many hundreds who are daily afflicted with Sickness and pains that too often end in *death* may in their own or their neighbors Garden or field, find an ease, cheap, and speedy Cure; and to their admiration, be restored to Health, beyond the skill of *Doctors*, who for the most part being *Illiterate Persons*, know not the Vertue and Opperation of *Simples*.

To this is added, The figures of the most Material *HERBS* and *PLANTS*, the like (unless in great Volumes which the Poor are not capable of purchasing) not Published before.

By *J. D.* Student in *Physick* and *Astrology*.

LONDON, Printed for *William Lindey*; 1684.

BRITISH
MUSEUM

The Store-House of Nature Expos'd to View;

OR,

The Discription and Physical Vertues of such *HERBS* and *PLANTS* as are commonly found in this NATION.

THE knowledge of *Symples* has always been had in such Estemation amongst the Antients, that many great Monarchs, both *Grecians* and *Romans*, although the weight of Empire, (through intestive Commotions) sat heavy upon them, have nevertheless studied to attain the perfect understanding of their incomparable Vertues, and illustrate the Science: Nor are we a little beholding to their diligence therein, by reason of the advantage that redounds to us thereby, for the maintenance of our Health and Strength, which of all Temporal things is the most desirable; therefore I think it not any way amiss, but rather highly necessary for the benefit of the publique, to improve that Science, by laying down such easie Rules and Methods contained in the Physical Vertues of most *English Herbs* and *Plants*, retaining extraordinary Vertues; and first of all I shall begin with St. *John-Wort*, and so proceed to the rest.

St. *Johns-Wort* is an excellent *Herb*, bearing Branches a span high, having a Leaf like *Rue*, though reddish, bearing a yellow Flower in the form of a *Violet*, the Leaves being full of small holes, the Seed rough and long-Husked, having the power to open, resolve, search, and bind again, heating and drying, being of a subtle substance, provoking *Urine*; the Seed drunk with Wine, voideth the Stone and resisteth Poyson; the Leaves applyed Poltis-wise, draweth out Poyson; the Water Distilled at *Mid-Summer*, is good against the *Falling-Sickness* and *Palsie*; good to Purge the Belly, and prevent Spitting of Blood: A spoonful of the Oyl of the Seeds thereof, killeth Worms in the Belly, and healeth Wounds.

THe *Purple Violet* is a moſt excellent *Herb*, for it is the *Herb*, not the *Flower* I mean, though the latter is exceeding good in many caſes; and was not created only for pleaſure, but profit; therefore it may be in ſomes caſes beſt to put them together, and to deſcribe any more then their Phyſical Vertues, by reaſon they are ſo common, I think it neceſſary: The Juice of both drunk, Temperate ill Humours, and Evacuate them, Purging Choller, and quallifying the vehemency the eo[illegible]: Squirted up the Noſtrils, it eaſeth pains in the Head that proceed from Heat; and by inward taking, cauſe Sleep, eaſe pains in the Breaſts of Women, and Stomachs of Men, allay Inflamations, and prevent the Judice: The Sirrup made of the Flower, ſoftens the Belly, and is good againſt the *Pluriſie*; Cures Dizzineſs, and the Root boyl'd in White-Wine, and ſweetned with Sugar, helps Internal Bruiſes.

Bettony is a famous *Herb*, endued with ſo many Vertues, that the *Italians* when they would deſcribe a Good Man, uſed to ſay, He was endued with as many Vertues as *Bettony*. This *Herb* has a ſmall Stalk, and in many places found a Cubit in height, the Leaves being like thoſe of an Oak, of a ſweet ſmell, and large near the Root, and the Seed thereof at the top of the Stalk, reſembles that of *Savory*. The Leaves bruiſed and applyed Poltis-wiſe, ſearches and Cures Wounds in the Head; applyed to the Forehead, they heal pains in the Eyes, the Decoction of the Root does the like; the Juice drunk Clarifies the Blood, and ſnuffed up the Noſtrils, ſtays Bleeding; mingled with Oyl of Roſes and warmed, it by dropping into the Ears, eaſeth pains therein, as alſo pains at the Stomach, or ſhort Breath, or ſuch as ſpit Corruption through the foulneſs of the Lungs, if taken inwardly; likewiſe pains in the Spleen, Liver, Belly, Spitting of Blood; The Juice taken faſting, prevents the *Jaundice*, *Drunkenneſs*, *Running of the Reins*, provokes *Urine*, refreſheth the Traveller, and reſiſteth Poyſon, or the Biting of Venomous Beaſts.

Catarch has many the Like Vertues as the foregoing Plant, and is found on old Walls or ruined Houſes, as alſo upon Rocks, and in ſhady places, and has neither Flower nor Seed, but many Leaves growing out of a Root, which are cut like thoſe of *Mountain Polipodium*, red and hairy underneath, and green above the Decoction, which ſignifies boyling in fair Water or White-Wine, *&c.* is good for all Melancholly Paſſions, conſuming Spleen, taketh away the difficulty of making Water, diſſolveth the Stone in the Bladder, and is good for the *Jaundice*, or *Running in the Reins*.

Of

OF *Mallows* there are two ſorts, Garden and Wild; the former of which, in antient times were eaten as other Herbs; nor are they in that nature altogether rejected in our days; but howſoever, they are ſoveraign in many Griefs and Diſtempers. Their Leaves are almoſt round, or as it were, like a Heart, the Stalk ſometimes growing high, bearing a blewiſh or purple flower like a Bell, which contracts a flat Seed with a hole in the middle. The Vertue of both theſe are much the ſame, which is, by eating the Leaves ſodden in Milk, to take away Hoarſneſs; bruiſed with Hogs Lard, and applyed Plaiſter-wiſe, they take away Swellings, Inflamations, and Cures Ulcers, cauſing Wounds old or green, to Heal; and the Root ſtamped is good againſt the Biting of Snakes, Toads, or any Venomous Creature: The Juice dropped into ones Ear, appeaſeth the Tinckling; the Decoction of Root and Branch, helpeth Child-Birth, making the Delivery of Women eaſie: The Seed bruiſed and drank with Red Wine, ſtays Vomitting; with many other Diſtempers, which cauſed the Antients to name them *Omni Morbia*, that is to ſay, Good againſt all Diſeaſes.

HYſop is a common Plant, but worthy of great conſideration, ſprouting up like a Shrub, with many Wooden Branches of a foot and a half in heighth; the Leaves are ſet every where about the Stalks, long and hard, ſweet in ſmell, hot in taſte, and ſomewhat bitter, bearing blew Flowers on the top of the Stalk, like ears of Corn: Its quality is piercing, opening, Abſterſive, attenuating and therefore it hath the vertue to Heat and Purifie; being boiled with Figgs, Rue, Water and Honey; it's good for the Inflamations of the Lungs, Old Coughs, difficulty of Breathing, *Catarrhs*, and for thoſe that cannot breath but with pain: Being beaten with Salt and Cummin-Seed, it is good againſt any Poyſonous Biting; and the Juice ſweetened with Honey, drunk, kills Worms in the Belly, and is greatly profitable to ſuch as are afflicted with the *Falling-Sickneſs*, cauſing Flegm in the ſtomach & Lungs to avoid; and applyed Poltis-wiſe, eaſeth Inflamations in the Nerves and Veins, cauſeth good Colour, and preſerveth from Quaking of Agues.

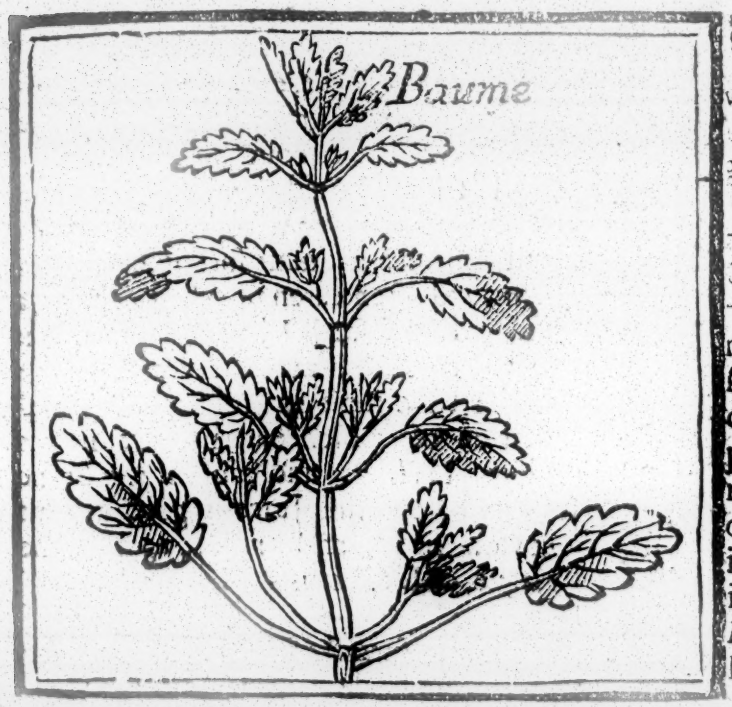
OF *Celendine* there are two ſorts, the greater and the leſs; the great bears long Stalks, the Leaves thereof ſoft and green, ſomewhat inclining to blew, yielding a white Flower much like a Primroſe, but leſs, and a Seed in Cods ſharp as Needles, hanging many on a bunch. *Celendine*

Celendine the leſs is much of the ſame nature in Phyſical vertues, though not in form, for it bears Leaves not much above the ground, and a yellow Flower, ſoon decaying: Their vertues are many, the Juice is good to take Spots out of the Eyes, as the *Haw-pin* and *Web*, *Pear*, or *Catharick*, eſpecially that of the greater, if it be mixed with Womens Milk and ſpirted in; being put into hollow Teeth it looſens them, ſo that they fall out; if you rub *Warts* with it they dry up and dye; the Decoction of the Root drunk with Anniſeed and White-Wine, Cures the Jaundice, and is good againſt eating Ulcers; being chewed it aſſwageth pain in the Teeth; and being hot and dry in the fourth Degree, it breaks the Skin where-e're it is layed Poltis-wiſe; the Juice ſnuffed up into the Head, greatly Purgeth the Brain, and Evacuateth filthy Humours.

RUE, commonly called *Herb of Grace*, is furniſhed with more than ordinary vertues; it grows like Shrub with little Leaves, many upon a Branch, bearing a yellow Flower and black Seed; made up into a Conſerve with Sugar, it reſiſts Poyſon, Peſtilence, and noiſome Vapours, and in the late great Contagion, preſerved many hundreds; the Juice drunk, Purgeth out evil Humours, provokes *Urine*, aſſwageth Luſt, expells Wind, and allayeth Inflamations; and the Leaves Poltis-wiſe applyed, draws out the Venom occaſioned by any Biting of Serpent, Toad, Mad Dog, *&c.* and Diſtilled, the Water eaſeth all pains in the eyes.

CAmmock, or *Reſt-Harrow*, is a Plant found in the Fields, having many Branches of a Span long, turned with divers knots. the Leaves thereof are ſmall and ſlender, like the Leaves of *Lentils*, approaching very near the form of *Rue*, though ſomewhat Hairy, of a reaſonable ſweet ſcent; the Branches are full of ſtrong ſharp prickles, and the Flower it bears is Purple, inclining to White, and ſometimes yellow: The Root of it beaten to Powder, and drunk with White-Wine, bringeth away the Stone or Gravel in the Bladder, or Kidneys, and cauſeth Urine; as alſo Cures any Internal Bruiſes, eſpecially in the ſecret parts: The Rhine of the Roots Diſtilled, and the Water drunk, helpeth Obſtructions in the Liver, and cleanſeth the Blood.

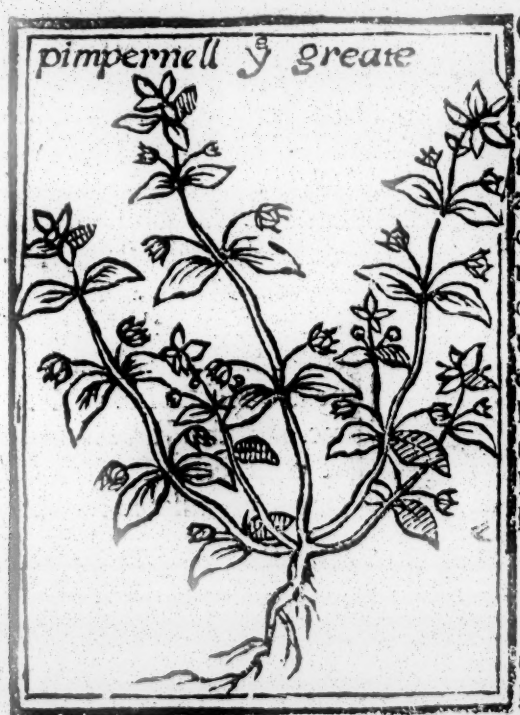
Wormwood is of great vertue, it grows much Branching, bears whitish Leaves, with a small yellow Flower, and round Seeds, heaped in clusters; being steeped in Wine and Drunk, it helpeth Inflamations of the Liver and Dropsie, and is in nature Restringent and drying, Purging downwards, and resolving into Urine all Chollerick Humours, comforting the Stomach, and mixed with the Juice of *Dentelion*, being drunk in Wine, Cures the Jaundice, and is good against Poyson; mixed with the Kernel of a *Peach*, it kills Worms, and with Milk and Honey, 'tis good to rub them that have the *Squizare*; the Fumes of its Decoction easeth pains in the Teeth and Ears; and being layed with Oyl of Roses upon a Stomach long weakned with Sickness, fortifies it.



Baum smells like *Citron*, bearing many Stalks, with a threesquare rough Leaf like a *Hazel*; It greatly rejoyces and comforts the heart; being Inwardly taken by way of Conserve or Distilled water, helps Digestion, removes Obstruction, and strengthens the Brain, confirms Sleep, and expells Melancholly Humours; the Juice thereof cleanseth Ulcers, and is much available in staying the effects of the *King's-Evil*, and taken in Posset, loosens the Belly.

Sage though it be common as the former, yet retains many excellent Vertues, having Leaves like those of a Quince-Tree, growing upon long white and square Branches; many there are that make two kinds of *Sage*, *viz.* Common and Wild, yet are their Vertues one and the same; they are singular good against Cold Flegmatick Diseases in the Head, and pains in the Joynts; the Juice drunk helps Falling-Sickness or Letchery, and restores benumned Members; and by being often eaten, prevents Abortion in Women; the Juice drunk to the quantity of three ounces, prevents spitting of Blood, and cleanseth the Stomach.

Mint, commonly called *Spare-Mint*, has many wonderful Vertues, bearing a square green Stalk, and many Leaves thereon, long and somewhat broad, Jaged at the sides like a Saw, the which beaten to Powder, and made into a Plaister with Whites of Eggs, comforts weak Stomachs; the scent restores the Smell to such as have lost it; the Leaves reduced to Powder, and taken in White-Wine, kills Worms in children; the Juice drunk with Vinegar, stancheth Bleeding, and with the Juice of a sowre *Pomegranate*, stays Vomitting, *Hecticks*, and Cholick Passions; bruised and layed to the Forehead, it easeth the pain thereof; and so applyed to tender Duggs full of Milk, gives them ease; and with Salt, heals the biting of Mads Dogs; and the Water dropped into the Ears, Cures the pain thereof; sprinkle Cheese with the Juice thereof, and they will be preserved from Corrupting and Rottenness.



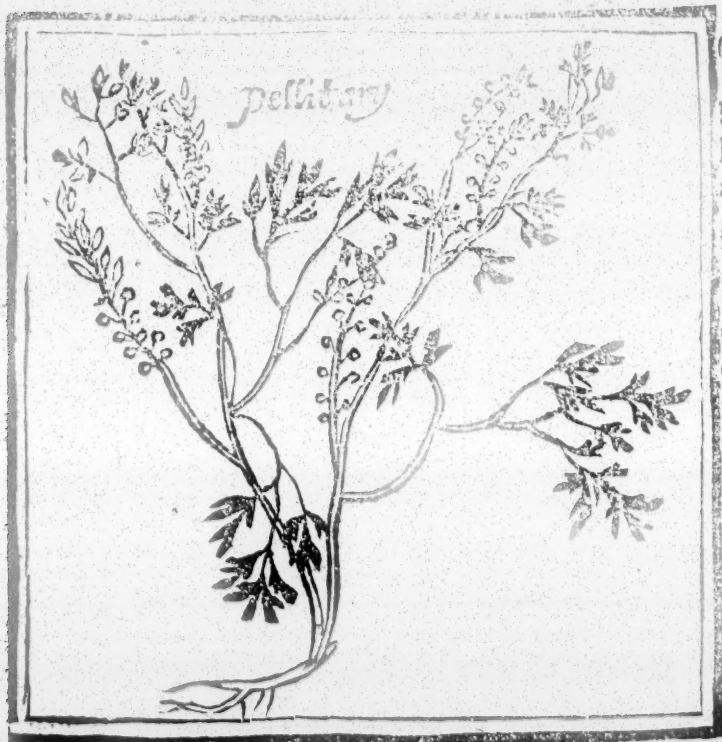
OF *Pimpernell* there are three sorts, one groweth very great, and hath a long Root, the Leaves couched round upon the Earth, indented about, and the stalks square, the Flower thick in bunch, small and whitish: the next sort is set in Gardens, and often eaten in Sallads, having a red Stalk and small Leaves: the third is of no great use, and the vertue of the two first lye most in the Root, the Decoction of which easeth pains in the Reins, Bladder, and causeth the Stone to dissolve; the Juice is good against Poyson, or Internal Bruises, against the Plague, or Infectious Airs.

THyme is furnished with many singular Vertues, and of it there are two sorts, the one bearing sundry Twigs, and little Leaves, with a small head at the top, full of Purple Flowers, the other hard as Wood, more Branched, and like unto *Savory*, both of them being hot and dry in the third Degree, and therefore provoketh *Urine*: The Juice drunk cleanseth the Intrails, and causes the avoiding of Evil Humours that afflict the Lungs; the Flowers dryed and Pulurized, given in White-Wine and Honey, are excellent to ease the pains of the Gout, Purge out Choller, and other Virulent Humours, and much avails in Diseases of the Bladder, swollen Belly, or *Sciatica*, pains in the Breast, Reins, and Side; as also, for Stitches, Inflamations of the Eyes, and to expell Melancholly; the Oyl thereof is exceeding good for the Windy Gout, and to search and prepare for healing Ulcerated Wounds.

Savory

SAvory is a Plant great and Woody, bearing long small Leaves, and at the top of it a Blew Flower, or somewhat inclining to Purple : Excellent good to prevent Drowsieness, and bruised, greatly easeth the *Gout*, removing most pains contracted by Cold; and has indeed, the same vertues with *Thyme*, wherefore for brevities sake, I shall desist to make further mention thereof.

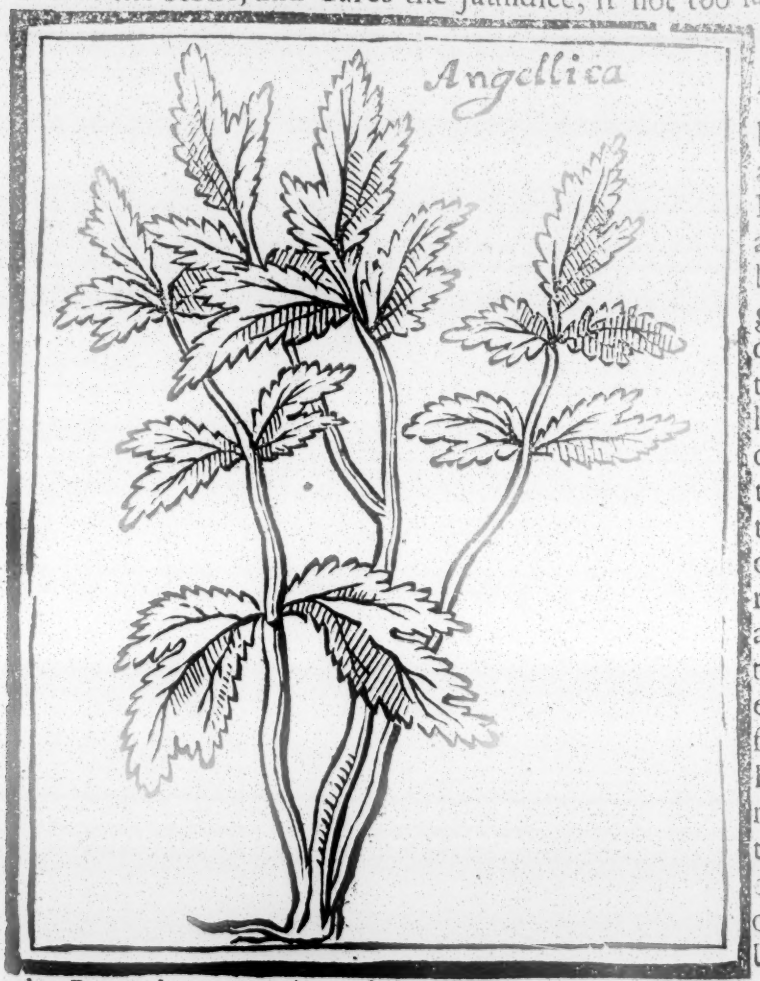
PArsley is an excellent Herb in Physick; for the Decoction of the Leaves and Roots being drunk, openeth the passage of Urine, and causes the Slime and Gravel to avoid; easeth Chollick and pains in the Reins, if given Glyster-wise: The Seed boyled in White-wine and drunk, is good against any Poysonous Infection, driveth out Wind, and removes the cause of stinking breaths; and stamped with White-bread and Milk, healeth Tetters, Ring-Worms, causes Milk to increase in Women, and allays the Inflamation in their Breasts.



PEllitary bears a rough Leaf, a red Stalk, and bitter Grains. This Plant hath the vertue to refresh and Bind; and is singular good in healing Green Wounds, if applyed Poltis-wise: The Juice drunk occasions Urine, and is excellent good to ease pains in the head, if washed therewith; and held within the mouth, easeth the Tooth-ach.

MArjoram is an excellent Herb, furnished with many rare vertues: It is branched with small plyable Twigs, with long whitish, and hairy Leaves growing about them, bearing Flowers in great number, on the top of the Stalk, and Buds of the colour of the Herb, being long, and composed of a heap of Scales compacted together, out of which groweth a little Grain: Its property is, to attenuate, resolve, open, and corroborate; the Juice of which, is excellent good against all old Diseases of the Head, and the Oyl thereof, for the like in the Sinnews, either outwardly applyed, or inwardly taken: The Oyl dropped into the Ear, Cures the noise or pain therein, and greatly restores the Hearing; The Juice snuffed up the Nose, brings away Flegm, and opens the Obstructions of the Head; being drunk, it removes Obstructions of the Liver, &c.

Fennel consists of two sorts, *viz.* of Set *Fennel* and Wild *Fennel*, both of them growing up with a tall Stalk, and thin shaggy Leaves on the Branches, bearing a Seed like Anniseed: The Leaves boyled in running Water, ease the pains of the Reins, and provokes Urine; and the Seeds sodden with Barley, cause Milk to increase in Women: The Root beaten with Honey, Cureth the biting of Mad Dogs: The Seed drunk in Ale, causeth the drinker to avoid Wind, breaks the Stone, and Cures the Jaundice, if not too far gone.

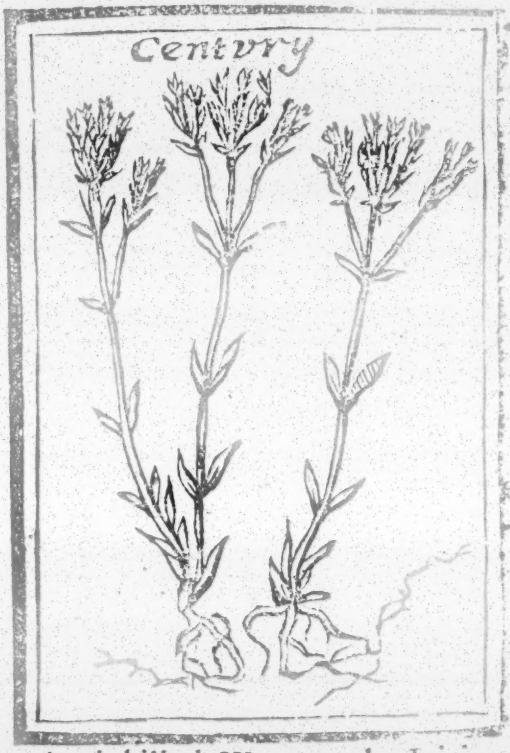


Angelica is a most excellent Plant, being about a Cubit high, with a knoted Stalk full of Pitts, the Leaves long and indented round about; the flowers white, growing in bunches, out of which springeth a little Grain or Seed, and is hot and dry in the second degree, full, or to the beginning of the third; wherefore it is opening, attenuating & resolving, singular good against Poyson, either taken in drink or chewed; as also, against Infectious Aire; expells Flegm, or Inflaming humours: The Powder of the Root heals Coughs or Colds; the Decoction heals any Internal Ulcers, or Imposthumes; the Root chewed and put into hollow Teeth, allwageth the pain, and sweetens the Breath.

Ammomoile is a ragged Herb, bearing a ragged Leaf and a white Flower, with yellow Seeds in the middle; The Leaves bruised and boyled in white-Wine, make an excellent Drink for *Quotidian* and *Quartain* Agues; heals pains in the Stomach, Side, or Back. If any person having a Feaver, be rubbed from head to foot with the distilled Water of the Flowers, and Oyl of *Trochiæ*, and thereupon put into a warm Bed, ten to one but his Feaver takes its farewel: The Oyl of this Herb is good against any Swelling or Inflamation.

Rosemary

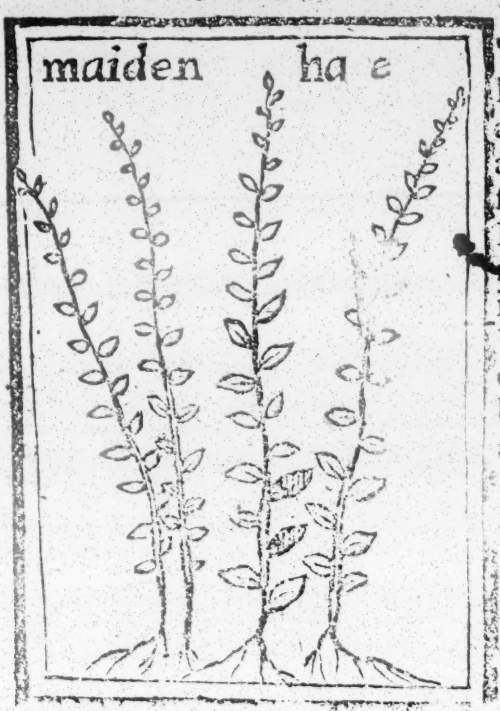
Rosemary is rather a Shrub than a Herb, growing up to a great heighth, the Stock Woody, the Leaves long and narrow, bearing many blew Flowers, being singular good in cold Diseases; for being boyled in Wine, it easeth the Chollick, cleanseth the Stomach, sweetneth the Breath, fastens the Teeth, and removes Diseases in the Liver or Spleen, occasioned by cold vicious Humours contracted there. The Juice drunk, is good against the Falling-Evil, Nunnes in the Joynts: The Leaves boyled in Vinegar, stay Rhumes that fall into the Teeth and occasion the Tooth-ach: The Powder of them dryed, cleanseth Green Wounds: The Flowers boyled in White-Wine, beautifie the Face and Hands, and cause a lovely colour.



Century is an excellent Physical Herb, of which there are two sorts, one called the *Greater*, and the other the *Less*; the former has Leaves like a Wallnut-Tree, indented about the Stalk, being 2 Yards high, bearing a blew Flower; The lesser has Leaves like Rue, and a square Stalk, somewhat more than a Span long, bearing red Flowers, or somewhat inclining to Purple, the Root small, smooth, and bitter in taste: The vertue of the former consisteth in the Root most, which beaten to Powder, or boyled in White-Wine, preventeth *Rupers*, easeth and cureth Internal Bruises, Coughs, Plurisie; removes the difficulty that hinders Breathing; is good against the Dropsie, Jaundice, and pains in the Liver; Purging Choller and Flegm; for which cause, the Decoction is good against *Tertian Feavers*; mixed with Honey, and laid to the Navel, it killeth Worms, the Juice at the same time being drunk. The Leaves being applyed fresh to Green Wounds, searches them, and heals up Ulcers; and so excellent are the qualities of this Herb, that *Gallen*, the Prince of Physitians, wrote a large Volum in its Praise.

THE *Lilly* is no less worthy of consideration then the former for its Physical Vertues; It beareth smooth and Juicie, with a tall hard Stock, at the top of which grow three or four Branches, bearing Flowers, *&c.* The Leaves stamped and applyed Poltis-wise, are good against the Biting of any Venomous creature; Boyled they heal Burnings or Scaldings; and confected with Vinegar, are good for Wounds: The Water distilled from the Flowers, drunk, easeth Women in Child-Birth, and bringeth away the After-Birth, especially if mixed with Saffron

Saffron and Cinnamon: the Oyl Extracted from them, is good againſt all Cold Diſeaſes of the Sinnews, Nerves, and Joynts: The Root brayed with Oyl of Roſes, ripens and break Impoſthumes, Ulcers, or the like; and with Honey, contract cut or broken Sinews.



Maiden-hair is a Herb of great Vertue, much like to Fern, but with ſmaller leaves, ſet in order, here and there one over againſt another: It is temperate in Heat and Coldneſs, and therefore dryeth, purifieth, and reſolveth: It is good to remove Evil Humours, ſtays the Flux of the Belly, reſolveth the King's-Evil; and being taken in Drink, is ſingular good for hardneſs of Water, and breaks the Stone; the Decoction thereof, is good for thoſe that draw breath with pain: As alſo, againſt the Spleen and Jaundice.

LOZENGES for Coughs, Colds, Shortneſs of Breath, and Ptiſick, or for Conſumptions, or Giddineſs in the Head.

TAke one pound of Sugar, mix it with as much Spirit of Wine as will moiſten the Sugar, then boyl it up to a Modiſh Chriſtal heigth, ſo take it off the fire, and ſtir into it as much Powder of Allecompane as will make it thick; then boyl it over again, and then pour it into your Papers folded up like Pans; but in its boyling, put to it three or ſix drops of the Spirit of Sulphur.

The other for the Scurvy, Worms, and Wind-Chollick.

TAke one pound of Sugar, moiſten it with the Spirit of Scurvy-graſs and the Oyl of Anniſeeds, the Juice of Cinnamon and Cloves, ſo boyl them to a Modiſh Chriſtal heigth, then put to it as much Alloways, and Bares-foot, and Worm-ſeed, as will weigh half an ounce, put to it two Grains of *Mercurius Adulatus*, then put it into your Papers.

And thus for the publique good, have I performed my promiſe with much caution, that nothing has exceeded the bounds of Experience, which is the beſt Maſter, well hoping it may redound to the good of all that ſhall do the like.

FINIS.

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